

Minnesota State College Southeast

HLTH 1205: Introduction to Basketball Basics

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 1

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

The development of basic fundamental skills, knowledge, and strategies involved in beginning basketball in order to enjoy basketball. Topics covered will include basic offensive skills and defensive skills like dribbling, passing, shooting, man-to-man defense, and zone defense. (Prerequisite: none) (1 credit: 1 lecture/0 lab)

B. COURSE EFFECTIVE DATES: 01/26/2017 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Basic rules and equipment
2. Fundamentals of offense and defense
3. Offensive sets, screens, and fast breaks
4. Man to man defense, zone, half-court, and full court press
5. Free throw rules
6. Special situations

D. LEARNING OUTCOMES (General)

1. Establish a basic knowledge of basketball terms
2. To learn how to correctly execute required skills and techniques as well as to use the equipment/facilities safely
3. To understand how kinesiology relates to a healthy individual lifestyle
4. To learn the different zone defensive positions and strategy of the game
5. To develop a lifelong love of playing and watching basketball

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted